

CAMPUS CONNECTIONS

A Newsletter for Burman University

Thursday, 27, January 2022



HEALTHY COOKING ON A BUDGET

Quick healthy meals on a budget for the university student, hosted by Tamara van Rensburg!

All tasty meals will be vegetarian/vegan.

Location: Spiritual Life Centre
Date: 3rd Thursday of each month, starting January 27, 2022
Time: 11:00 AM – 1:00 PM

This Month's Meal:
Chili with baked potato/sweet potato & toppings
Cornbread
Date chocolate pecan clusters

Sign up by 4 PM on January 24, 2022. Email Tamara at tamaravanrensburg@burmanu.ca to register.



held together

BUSA X CAYA

JANUARY 28 | 7:30 PM | COLLEGE HEIGHTS

Important Academic Dates

February 1 Begin 0% tuition refund for first 1/2 term course

February 8 50% Tuition Refund for full-term courses begins

See [Academic Dates](#) for further information.

Week at a Glance

Sunset: 4:50 pm

Friday, January 28

7:30 pm

CAYA

BUSA

Held Together

SABBATH

FIRST SERVICE 9:15 am

Speaker: Pastor Jeff Potts,
"The Secret of Faithfulness"

SABBATH SCHOOL

10:30 am

College Heights Church Sabbath School Coordinator

Ron Schafer

The Makers Bible Study

Coordinator - Shelley Agrey

Social Eyez

11:00 am

Campus Ministries Sabbath School

Administration Building Chapel

12:00 pm

IGNITE

Speaker: Pastor Jordane Smith

Coming up....

Saturday, January 29

6 - 8:30 pm

EDI Movie Night! - *Harriet*

8 - 10 pm

Gym Night

PE Centre

Tuesday, February 1

POWERUP

EDI

Black History Month Edition

Wednesdays

11 am -1 pm

Drop-in Counselling with

Tamara van Rensburg



STUDENT MEDICAL INSURANCE is an important part of your health care and is available to all full-time Burman students automatically. Coverage will run from **January 1, 2022 to August 31, 2022** for students who attend the Winter 2022 semester.

Students who can verify they already have medical insurance can choose to **OPT-OUT** between

Monday, January 10 - Friday, Friday 28

Non-full-time students are welcome to **OPT-IN**.

Please contact the Student Financial Services office between

Monday, January 10 - Friday, Friday 28

You can choose from

1. Balanced Plan
2. Enhanced Drug Plan
3. Enhanced Dental Plan
4. Enhanced EHC/Vision Plan

Which plan would work best for your needs?

Click on *Student Medical Insurance* under *Current Students* on our Burman webpage for more information or come to Student Services

EDI

BLACK HISTORY

MOVIE

Join Zoom Meeting
<https://burmanu.zoom.us/j/93458638272?pwd=YlkzOUVJRzIhPS9aVWlvTlBKNkFzdz09>
 Meeting ID: 934 5863 8272
 Passcode: 671176

CYNTHIA ERIVO LESLIE ODOM, JR. JANELLE MONÁE
HARRIET
Saturday, Jan 29
6:00-8:30 PM
CHANCE TO WIN A GIFT CARD

La Galette des Rois

COME AND JOIN US!

FRENCH CLUB

join the french club as we taste test various cake delicacies and crown the king and queen of tasting

Where: The Hideout
 When: January 30, 2022
 What time: 4pm

This Sunday at 4:00 PM the French Club is organizing a Galette tasting which is a typical French tradition that takes place in January. It will be an opportunity to have a good time and win the bean to elect the king and queen. The French Club is very excited to welcome you.

This will be a REP event, so don't forget to bring a confirmation of vaccine or negative test.

BURMAN UNIVERSITY STUDENT ASSOCIATION

BUSA

ELECTIONS

president | executive | financial | social | student life | communications
 APPLICATIONS DUE WEDNESDAY, FEBRUARY 16, 2022 @ 12PM

EDI + BBSA + CAMPUS MINISTRIES

PRESENT

BLACKHISTORY MONTH

POWERUP

TUE **FEB 1**

FEATURING

BBSA PANEL UBUNTU
SPOKEN/UNSPOKEN WORD
PRIZES/PROMOTIONS
AND MORE...



BURMAN UNIVERSITY

COCOSKITCHEN403 AND BBSA Presents

GARIBBEAN Brunch Buffet



FEBRUARY 6, 2022
TIME: 11:00-2:00

Menu

- Ackee
- Porridge
- Fry dumpling
- Provision
- Stew Peas
- Vegan oxtail
- Rice & peas
- Mac Pie & more

TICKET MUST BE PRE ORDERED
 ADULT - \$30
 KIDS UNDER 12 - \$15
 KIDS UNDER 3 - FREE
 RSVP BY FEBRUARY 1ST

cocoskitchen403
403-588-8225

WORLD LOCK SOUND
@LACOMBE, ALBERTA
(LOCATION ON TICKET)

Coming soon! Art exhibit: *Africa: Land of Pharaohs and Great People of African Descent* by Tennyson Samraj in the Science Atrium, February 1-15.

Alberta Happiness Basics™



Mondays - Jan 24th to Feb 14th
 12:00 to 1:00 - Room 0A41

Learn skills to boost your overall happiness!

... including how to: savour the moment, practice mindfulness, develop positive emotions, and focus attention on what is going well

Come to the Sakala Success Centre to sign up ☺

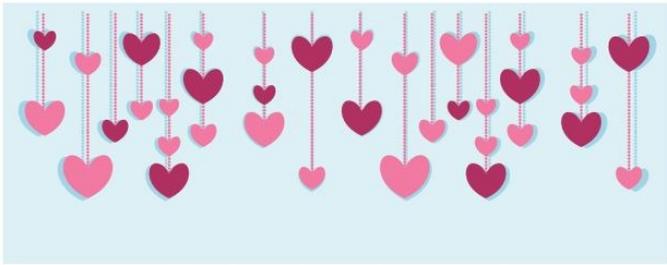
STEP MANIA FUN NIGHT!



JOIN US FOR AN EVENING OF STEP MANIA, GAMES, SNACKS AND MORE!

THURSDAY, FEBRUARY 3
 The Hideout
 6:30 PM - 9:00 PM

(Please ensure that you have completed the Burman Alert: COVID-19 assessment and are prepared to present your student/government ID with proof of double vaccination or negative rapid test results.)



VALENTINE'S Cookie Decorating

Bring a friend (or a loved one!) to this Serendipi-Tea event and have a fun time of connection while decorating cookies and enjoying a delicious lunch (making your own wrap)!

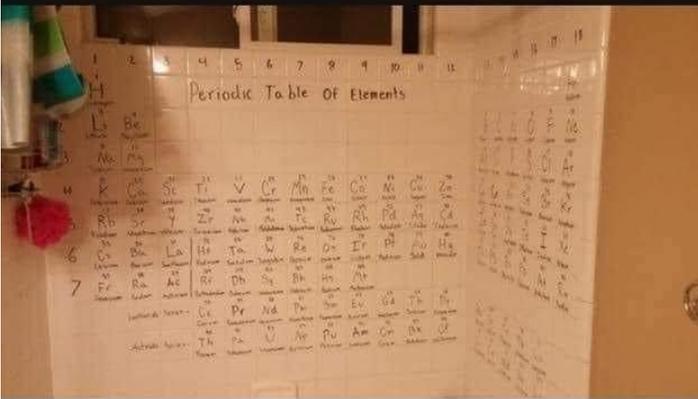


FEBRUARY 10, 2022

11:30 - 1:00 PM

THE HIDEOUT - REP EVENT

So my daughter did this to her shower. She's sort of into chemistry.



↑ 14.8k ↓

538

Share

BEST COMMENTS ▾

TooShiftyForYou 🌟 • 4h

Good for her, it's a great idea to shower periodically.

...

Reply

↑ 7.0k ↓

Marmite_Badger • 4h

Especially after a long day of being exposed to the elements.

...

Reply

↑ 2.0k ↓

⌵

National Exhibition

Flatiron Building Museum

5005 50 Ave, Lacombe



January 1 - March 26

Hours: 10 am - 4pm Wednesday - Saturday

Admission by Donation



When you're cooking & the recipe says "chill in the fridge for one hour"

